- CARE OF THE HEALTH.

Influence of the Soil on Health.

The influence of the soil upon human health depends upon the air we inhale and the water we drink. The moisture of the soil modifies the temperature and what the peculiar power is, that induces certain morbid conditions, we do not know. Various theories and conjectures have been advanced. Many observers suppose that it consists of minute particles of decaying organic matter. We feel sure only that it arises from decay, occurring in the soil, of organic matter, under the influence of heat and moisture. Paroxysmal fevers, intermittent and remittent, are apparently produced by emanations from the soil, and called malarial. They are certainly associated with effluvia from low, moist grounds not drained and still they occur on elevated lands, that hold in depressions of the surface decomposing organic mat-

All malarial diseases are fond of illdrained and marshy places. In such places we find the worst forms of diarrhea, dysentery and other disturbances of the alimentary canal, as impaired

materials occurring in the late autumnal can hardly get there all the fresh air months, and after dry and burning they need. When the tops are about generate the germs of so many maladies. new potatoes can be had in the begin-Plowing uplands whose subsoil or sub- ning of May. Of course, one who has surface has not been exposed to the dis- not the use of a hot-bed or a greeninfecting influences of the sun and air house, can place the boxes under the for many years has often been followed windows in a warm sunny room, and on by many and severe cases of typhoid mild days place them under a wall on fever. Cess-pools placed near dwellings the sunny side of a building: but this and allowed to exude and throw their would entail more labor, and the reemanations into neighboring homes also sults would not be quite so satisfactory. are common causes of this fever. Two -Rural New Yorker. men were seized by this disease last autumn. They slept in the same room, with open windows, beneath which was a cess-pool. Exposing drains, ponds, and stagnant pools in hot days to the decomposing influence of the sun is not an uncommon cause of this nearly unyielding malady. Water-closets in the center of a dwelling and used for the deposit of fecal excretions of the sick are sure to enfeeble if not disease the inmates, unless they are very much better ventilated than we usually find them. Having this deposit of filth under our very noses and lungs is a disgrace to which our rural friends are rarely willing to submit. Such a condition if it does not at once induce disease does induce feebleness and ultimately results in some fatal malady or impairs the recuperative power nature gave. Our rural friends often have about their dwellings decomposing matter in the form of pig-styes, privy vaults, cesspools, sewers, that often produce the same ill-results as water-closets in the center of dwellings. Rains wash these sources of filth down in the wells near by-as they often are. Some milkmen furrow, 15 to 24 inches apart, enrich their milk by diluting it with such the latter distance giving the best washings. In some cases we have found results. If there is plenty of fine manure wells under barns. Into such wells on hand, a little scattered directly on water from dung heaps, pig-styes, and the plants will give a good start; othercow-stalls easily find their way. Undrained soils produce disease.

Fields effectively drained promote health and remunerative crops. Water in the sub-surface soil keeps it cold and even chills the air. Persons inclined to consumption, rheumatism, catarrh, etc., should studiously avoid such soils. Wetness aids the generation of injurious emanations, generated by the decomposition of organic matter. Heat and air lend a helping hand in evolving organic emanations. Sub-surface water, as it falls and rises, changes the surface of the soil and so has an influence in producing many malarial fevers. Draining secures a water level nearly uniform and healthy; while much sub-soil water in drained fields is liable to sudden changes and injurious influences.

Recent investigations clearly show that soil moisture is one cause of consumption. Deep draining in wet soil is essential to good health and paying race is altogether anomalous. The crops. The results investigators have Jews are at once the most national and reached are: 1-That residing on damp soils, or near ponds, lakes, rivers, consumption may be prevented or checked in its hastening course by redrainage has diminished the per cent- pression under which they have long project. former times, before drainage was in- as it was to hope to share the national troduced-Prairie Farmer.

earnest Iowa tramp say: "Build low or the other they will in the natural roosts and put out the moon, and I'll course of things do. It is obvious that roosts and put out the moon, and I'll course of things do. It is obvious that occasionally rose to fifty during his pronever beg for another morsel of food as live."

occasionally rose to fifty during his prolonged walks.—Dr. Foote's Health all final or dogmatic judgments about it Monthly for March.

AGRICULTURAL.

PERIODS OF MILKING .- A cow that is milked three times a day will give more cream than one that is milked at inter. vals of twelve hours. When the udder is filled a process of absorption goes on moisture of the air. The result of many and part of the milk is secreted is thus observations is, that some diseases may lost. It will pay to take the milk from be justly charged to emanations from copious milkers at intervals of eight the soil as enteric fever, bilious remittent hours as nearly as possible. A cow that fever, dysentery and cholera. Exactly is milked at 5 in the morning, 1 in the afternoon and 5 at night, will yield from ten to twenty per cent. more milk and more cream than if milked twice a day. -American Agriculturist.

RANCID BUTTER .- An authority in dairy matters explains how rancid butter may be greatly improved and almost restored to its original excellence by kneading it well in fresh milk and then washing thoroughly in cold water, with the addition of a little salt. In almost every parcel of butter some small proportion of casein is retained, and the decomposition of this is accompanied by the formation of butyric acid which causes the unpleasant taste and smell known as rancidity. This butyric acid is really soluble in fresh milk, and hence can easily be got rid of by the simple method of treatment recommended.

EARLY POTATOES.—Potatoes can be

nutrition, dyspepsia and diseases of the boxes three feet long, one foot wide and misdeeds in the past.—The Saturday liver. We often have occasion to ten inches deep; bore half a dozen Review. observe, that those who live in malari- holes in the bottom of each, to give outous districts present feeble and sallow let to the surplus water. Put in about aspects. Yellow fever, if not caused by six inches of rich garden loam, and effluvia from malarial grounds, is ren- plant in each box five potatoes of some dered worse by them. Malaria fosters early variety. The boxes should then its growth, if it does not generate it. be put in a warm place and the soil Bad sewerage, filthy putrifying and kept moist. As soon as the sprouts apwaste organic matter have the honor of pear above ground, they should have as its parentage. Cholera may prevail in much light and air as possible and still malaria districts, but then it also raises be kept warm. A hot-bed, with a genits flag and demands surrender on the under-heat, will then be the best Typhoid may be generated by emana- be removed on mild days. A green-

> to plant an asparagus patch. This is not so formidable a job as old practices and older books indicate. There will be some digging or forking, but forking, hoeing, raking, and even trenching, or better still, subsoiling, may be done easily and quickly by a careful man and a steady horse. I have found a little one-horse subsoil plow one of the most useful implements in the garden patch, to run for young beets, carrots, onions, or in fact any young stuff. The lighter the soil, the better for asparagus. It should be plowed thoroughly, and given a good dressing of manure, which should be on the surface till vegetation starts. My mode of planting is to throw a furrow out each way say eight inches deep, or even a trifle more. Clean out the bottom as much as possible with the plow, and if not quite even, shove out a little so as to get a tolerably level bottom; then spread out the plants in the bottom of the wise a little soil should be drawn on the plants to keep them in place. Then with the plow throw a furrow from each hill on the plants; and so leave it until the weed seeds have made a start, when it may be harrowed down. As the plants begin to peep through, early beans or other stuff may be planted between the hills, three and a half to four feet apart. Of course the weeds should be checked, and the seed kept from ripening. In the fall cut off the stems, and plow lightly on top of the plants from each side, until the middles are plowed out. When the ground is frozen, give it all the manure that can be spared; a big dose won't hurt it. Next spring harrow level before the plants start, and give a good dressing

The Jews in Europe.

of any waste salt .- Land and Home.

The present position of the Jewish the most cosmopolitan race on the earth; but they neither found a State marshes, foster tendencies to consump- of their own, nor do they become abtion, or cause it to develope. 2-That sorbed in the population of the countries they live in. It seems difficult to Cemetery, near New York City, a num believe that this contradiction can be a ber of capitalists and scientific men siding on a dry soil. 3-That efficient permanent one. The scandalous op- having interested themselves in the age of deaths from consumption. suffered forced them to be a caste 4-That towns that have drained their apart. It was as futile for them to hope land are now much healthier than in for a genuine national life of their own life of others. Their enfranchisement puts the alternative before them to do BURDETTE has overheard a poor but either the one or the other; and the one

are as unreasonable as they are impertinent. But it needs no prophet to see that the sentiment of nationality which has attained in our days a force hither to unknown in the world must inevitably turn the scale one way or the other. Either some sudden impulse, of which at present there are few signs, will lead the race to attempt the task, whether possible or impossible, of founding a Jewish State in the East, or else continued intercourse with the Christian world, the continued sharing of its public life and continued intermarriage between Jews and Christians, will gradually lead to the absorption of the people by the other nations of the earth. No one but themselves will venture to say which would be the better alternative; but the latter certainly appears the more likely. But it is probable that they will long hover between the two paths, too full of individuality to be easily absorbed, and with too little political cohesion for any great national enterprise to be feasible. And for countries like Germany, where they are very numerous, or like Roumania, where they live among a much less energetic people, the results of this dubious position will not be without inconvenience, either to themselves or to those among whom they live. It is idle to complain of what is inevitable, and of what is grown in boxes for early use. Procure very largely the result of Christian

Death of the Pippin King.

Robert L. Pell of apple fame is among the recent deaths. He was the most successful man in this specialty in the world, and his fruit was not only known in the British market, but also in the Orient. As a gentleman farmer he had few equals in America, since le made his elegant rural life highly profitable. He had an immense orchard on the board ship at sea and on sandy deserts. place to set the boxes, as the sashes can banks of the Hudson, whose product was entirely limited to pippins. The tions from decaying vegetable or animal house will do very well, but the plants fruit was carefully picked, the inferior quality being culled out for cider. The remainder was then placed in a sweatseasons of the year. Warm and rainy six inches high put in two more inches ing house, where the moisture was evapseasons promote the decomposition of of soil, and, two weeks later, entirely orated, after which it was packed in vegetable materials and so ultimately fill the boxes. By this management boxes of an exact size and sent to a foreign market. Pell found the fruit business the best kind of agriculture, and it made him immensely rich. He owned a fine house in Fifth Avenue, which he made his winter home, and it was at this place that he died.

> In early life Pell traveled extensively, and not only made the tour of Europe but reached the Orient, including a visit to the Troad. This in those days was a ASPARAGUS ON THE FARM.—Every improved the opportunity. He was a man or woman who owns land and a very agreeable man in conversation, and house, should get ready about this time a combination of elegant manners and agricultural success he had few equals. The famous pippins have carried his name to a wide range of foreign parts, and if their culture be properly maintained it will be a fortune to his heirs. Pell informed the writer that this immense orchard, numbering 20,000 trees, was all derived from a couple of trees which his grandfather brought from the town of Newtown, L. I., whence we now have the term "Newtown pippins." The family had devoted itself to this specialty, which made them rich. No wonder, indeed, when Pell's pippins retailed at nine cents apiece in foreign markets .- New York Cor. Troy Times.

A Young Heroine. A very young heroine, Miss Esther May Cornish-Bowden, aged eight years, has just been awarded by the Royal Humane Society its medal and a handsome testimonial explanatory of the circumstances under which she so bravely entitled herself to receive that medal, She is the daughter of a gentleman liv ing at Blackhall, Avonwick, Ivybridge-Devonshire, and she saved the life of her governess, Miss Bradshaw, who, when returning from Sunday-school on the 30th of November last, with the youthful heroine and her youngest sister, turned giddy and fell into a pond six feet deep with water. Dispatching her youngest sister to the keeper's lodge, Miss Cornish-Bowden bent over the pool, trying to lay hold of her drowning governess. This she did, but in the effort she overbalanced herself, fell into the pond, and sank. Never losing her presence of mind, she retained her grip of the governess, and when she rose to the surface she still held her by the right hand while with the left she caught hold of some short bushes. In this position they remained for about five minutes, the child calling for help. Eventually a passing workman heard the cries and assisted Miss Bradshaw and the child out of the water. The former was much exhausted and partially insensible, but her brave

little rescuer appeared quite unconcerned .- New York World.

It is proposed to construct a crematory in connection with Weehawken

THE medical journals have of late been citing cases of unusually slow pulse. An old gentleman of ninety-six had a pulse of only thirty-six per minute—a woman aged eighty-three a pulse of twenty-five. A gentleman of thirtyeight years has a pulse of about forty per minute. Rowell, the pedestrian, has a normal pulse of forty-eight, which

DOMESTIC ECONOMY.

To CLEAN JEWELRY.-Wash in soap suds; rinse in diluted alcohol, and lay ele as this seems, it is the very nicest way possible to clain gold chains or ornaments of any kind.

GOOD COFFEE .- Put the ground coffee in a saucepan, two spoonfuls for each cup. Just before the water boils, throw in a few drops of cold water, and take the pan off, and strain the liquid through a piece of muslin.

JELLY CAKE. - One cup of sugar, one of flour, three eggs, one teaspoonful of cream-tartar, one-half teaspoonful of soda. Bake, and while warm spread with jelly. Put very little dough on the tins, or it will be too thick.

SPONGE CAKE.—To one cup of flour add a teaspoon of cream of tartar, the beaten yelks of three eggs, and a teacup of sugar. Mix well. Then add the well frothed whites of the three eggs, and lastly a half teaspoon of soda dissolved LETT'S PILE SUPPOSITORY. Sold by all druggists. in two teaspoons of milk. Spice to the taste, and bake in a slow oven.

GRAHAM GRIDDLE CAKES .- Warm one quart of milk, or water, to the temperature of new milk; add a teaspoonful of salt, and three tablespoonfuls of good yeast, and thicken with Graham meal. Let it rise over night, and in the morning add a teaspoonful of soda, and

CORN-AND-TOMATO PUDDING .- Grate one pint of green corn; peel and slice one pint of tomatoes; beat six eggs smoothly with four ounces of sugar and a teaspoonful of salt; dissolve two ounces of corn starch in one quart of milk, stirring it over the fire until it begins to boil; then add to the milk and corn starch all the other ingredients, put them in a buttered baking-dish, and bake the pudding half an hour in a quick oven, without burning it.

APPLE OMELETTE.—Six large pippins or other tart apples, one tablespoonful of butter, three eggs, six tablespoonfuls of white sugar, nutmeg to the taste, and one teaspoonful of rosewater; pare, core and stew the apples, as for sauce; beat them very smooth while hot, adding butter, sugar and flavoring; when quite cold add the eggs, beaten separately very light; put in the whites last and pour into a deep bake-dish previously warmed and well buttered. Bake in a moderate oven until it is delicately browned. Eat warm-not hot. wholesome dish for children.

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induced many physicians and apothecaries who know, to prescribe and use it in their own families.

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